

Diwrnod Day	Gwethgaredd Activity	Man cychwyn Start place	Amser Time	Pwy? Who?	Dyddiadau Dates
<b>Mawrth</b> <i>Tuesday</i>	Early Years Gardening	Gerddi Bro Ddyfi Gardens, Y Plas, Machynlleth	<b>10am – 12.30pm</b>	Pre-school children	Weekly
	Pre-School Family Gardening	Back of Canolfan Hamdden Bro Ddyfi Leisure Centre	<b>12.30pm – 2.30pm</b>	Pre-School families/carers	Weekly from 13 <sup>th</sup> April.
	Buggy Walk Corris	Yr Institiw, Corris, returning there for coffee	<b>10.30am - 12pm</b>	Carers/parents with babies & toddlers	Weekly. Join the group for refreshments in the café and play session after the walk.
	Beginners Cycling	Canolfan Hamdden Bro Ddyfi Leisure Centre, Machynlleth	<b>3pm – 4.30pm</b>	All: beginner/ moderate level	Weekly
<b>Mercher</b> <i>Wednesday</i>	Dyfi Climbers Club Free to members/ £4 non members	Canolfan Hamdden Bro Ddyfi Leisure Centre, Machynlleth	<b>6.30pm- 8.30pm</b>	Aged 9-14 from 7-8pm and aged 14+ 8-9pm	Every other Tues + Trips. Pete Rigby, Chief Instructor, Ty'n y Berth Mountain Centre, 01654 761678 <a href="mailto:prpeterigby@googlemail.com">prpeterigby@googlemail.com</a>
	Outside Education – various activities including forest school	Amrywio / Various	<b>10.30am- 2.15pm</b>	Home educating and pre-school age families	Every other Wednesday through the year.
	Walkaround Bro Ddyfi	Canolfan Hamdden Bro Ddyfi Leisure Centre, Machynlleth	<b>6.00pm – 7.00pm</b>	All: beginner / moderate level	Weekly from April 7 <sup>th</sup>
<b>Iau</b> <i>Thursday</i>	Get Growing (organic veg gardening)	Gerddi Bro Ddyfi Gardens, Y Plas, Machynlleth	<b>10.30am – 12.30pm</b>	Everyone welcome!	Every Thursday for 16 weeks, starting 18 <sup>th</sup> March
	Buggy Walk Machynlleth	Canolfan Hamdden Bro Ddyfi Leisure Centre, Machynlleth	<b>11am - 12.15pm</b>	Carers/parents with babies & toddlers	Fortnightly from 6 <sup>th</sup> May Phone 01654 703965 to book
	Walkaround Bro Ddyfi	Canolfan Hamdden Bro Ddyfi Leisure Centre, Machynlleth	<b>2pm - 3.15pm</b>	All: beginner/ moderate level	Weekly
	'Green Gym' /community gardening	Gerddi Bro Ddyfi Gardens, Y Plas, Machynlleth	<b>10.30am – 4pm</b>	Adults/ garden volunteers	Thursdays weekly

Especially young people

Pre-school families/carers

**Activities are FREE unless otherwise stated and all abilities are welcome- many activities are particularly suitable for beginners.**